

# Brainstorming

Make sure your story is based on whatever you feel comfortable sharing with others. It should help relay why a simple message like, "You're safe with me mate" is important for men's health.

Some examples might include talking about:

- Your own experiences with mental health
- Someone\* who's inspired you to get behind [#SafeWithMeMate](#)
- Someone\* who's helped you overcome or improve your mental health
- The state of men's health (you can refer to statistics, your own experiences, etc.)
- The campaign and its message

\*You don't have to specify who you're talking about.

Sign off with: "That's why I join Top Blokes Foundation in saying, "You're [#SafeWithMeMate](#)."

Feel free to use the "Your notes" space to brainstorm further.

Your notes:

